



Course Title:     **Core Conditioning Camp: Part 1**

Produced by:    **Fitness Learning Systems**  
1012 Harrison Ave #3 Harrison OH 45030  
www.fitnesslearningsystems.com 1-888-221-1612

Course Type:    **e-Learning Home Study**

Credit hours:    ACSM 2.0, COPS-KT 0.2,  
NFPT 1.0, NCSF 1.0, YMCA 2.0, NSPA 2.0

Author:

**Melissa Weigelt, MS, RYT**

Melissa Weigelt, MS, RYT is an ACE Certified fitness instructor, personal trainer, and vinyasa yoga instructor with over 20 years of experience in the fitness industry. She has completed the 200 hours of training required to be registered with the Yoga Alliance, and owns Flow Yoga, LLC, where she teaches specialized corporate fitness, boot camp, and yoga classes throughout Central New York. She has a BA degree in psychology with a minor in biology and an MS degree in counseling, which has enhanced her ability to assist others in reaching their goals in fitness, wellness, and personal development. She has also completed additional training and certifications in Les Mills BodyPump™, Les Mills BodyStep™, Rep Reebok, and Baron Baptist's Power Yoga, as well as additional courses and workshops in the areas of boot camp training and strength training, with various experts in the field. Melissa specializes in teaching strength and stability training classes, mind-body inspired fitness classes, and yoga. As an AFAA and ACE approved provider of continuing education for fitness instructors, an elevate EDUCATION PRO Trainer, and master training for the gliding disc system, Melissa truly enjoys sharing her knowledge and ideas with others. Her hands-on, down to earth teaching style, creativity, and strong technical knowledge allow her to deliver fun-filled, unique workshops that assist instructors in staying up to date with trends in the fitness industry.

Course Summary:

This course offers the challenge of a boot camp format with an additional focus on stability training. This workout includes powerful cardio moves that will focus on extreme calorie burning, unique strength exercises that will sculpt the body, with an emphasis on balance training to challenge the core. Step away from traditional "spinal flexion" exercises and learn how to teach your clients to use the core muscles as stabilizers while increasing metabolism with interval training techniques.

## Objectives:

After completing this course you will:

- Understand principles and teaching strategies for core functional exercises.
- List and describe class components for a core conditioning camp work out.
- Learn a sequence of exercises designed to challenge core stabilization, muscular endurance, and cardiovascular conditioning.
- Learn how to build on the exercises introduced in this workshop and progress the sequences so that clients will continue to be challenged.
- Learn options for each exercise so that clients at all levels achieve success.

## Outline:

Principles of Core Conditioning Camp

Abdominal / Core Bracing

Teaching Strategies

Class Components

Warm-up

Body Weight Exercises

Weighted Bar Exercises

Flexibility Exercises

Core Conditioning Camp Part 1 Exercises

Warm Up Exercises

Marching

Squat with Feet Hip-width Apart

Squat Thrust- Hands on Bench

Alternating Side Lunge

Alternating Rear Lunge

Body Weight Exercises

Squat Thrust with Arm Movements

Squat Thrust with Push Up

Squat Thrust with Side Plank

Push Ups

Superman Push up

Triceps Push Up

Cardio and Strength Intervals

One Arm Row/ Warrior 3/ Balance Opposite Leg  
Slow Jumping Jack / Weighted bar  
Bicep Curl with Rear Lunge  
Side Step with Leap (Skate)  
Overhead Triceps Extension/ Stationary Lunge  
Squats / Pick Up Put Down Bar

#### Flexibility Exercises

Seated Hamstring Stretch  
Seated Calf Stretch  
Prone Quadriceps Stretch  
Prone Back Extension  
Quadruped Spine Stretch  
Seated Triceps Stretch  
Seated Chest / Biceps Stretch  
Latissimus Dorsi Stretch

#### Exercise Progression

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